

CUNNINGHAM TENNIS PARENT GUIDE

Hi Parents,

Welcome to the **Tournament Training** level of our Junior Programs pathway at Cunningham Tennis!

In our Tournament Training program players are committed to competing in high school and or tournaments and will receive performance specific training. Players will be taught the proper techniques and tactics needed for singles and doubles competitive play. Progression to next level is by invitation only dependent on factors including current USTA ranking, commitment to improvement and competition, technical proficiency; all at the discretion of the program Directors.

CONNECT WITH US

- Follow us on Facebook and Instagram @[cunninghamtennis](#)
- Make sure your contact email is current on Court Reserve to receive any communications including announcements, upcoming events, & special offers.

RULES

- Expected in your tennis bag checklist
 - tennis rackets & water bottle
 - warmup card
 - mini band and rubber tube
 - jump rope
 - lacrosse ball
 - towel or mat
- Parents are NOT allowed on the courts except for the last 5 minutes to briefly speak to the coach about their child's goals and progress.

TIPS & ADVICE

- Provide as many additional practice opportunities for your child, **3x a week** is suggested including an additional competition day and or private lesson.
- Sunday Match play is **FREE** for players enrolled for a minimum of two 2 hr classes per week. **ONLY** players who meet this criteria, may register by emailing our Director of Tennis, Bill Racho, at bill@cunninghamtennis.com.
- Participate in the USTA tournaments and high school tennis.
- **Connect and communicate with your child's coach** via email or during the last 5 minutes of your child's lesson to discuss goals, progress, and competitive options.
- Join us at our monthly PACT (Parent Association of Cunningham Tennis) meeting and connect with other parents and learn more about how you can best support your young tennis player.
- For a more detailed version of this guide please visit: cunninghamtennis.com/parentguide/

CLASS STRUCTURE

Each session will be structured into 4 basic components:

1. Warm-up for athletic skills development
2. Drills for tennis skills development
3. Games for character and team skills development
4. Wrap-Up to review the lesson learned and homework assigned

PROGRAM GOALS AND THEMES

Our goal is to develop the necessary athletic, tennis, and character skills to progress to compete in USTA tournaments and/or high school.

Here are a few themes we will cover during the program:

1. Routines
2. Athleticism and footwork patterns
3. Hold, attack, defend
4. Shot shape
5. Weapons & weaknesses
6. Tactics
8. Problem solving
9. Match play
10. Developing a style of play